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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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Request for Information Regarding the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

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Submitter Information

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MA,

General Comment

The current regulations under the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 do not assure parity for mental health coverage.

I have had personal experience being treated with EEG biofeedback or neurofeedback to help with a traumatic brain injury. But these services are not currently covered by Anthem blue Cross Blue Shield, my health insurer, even though there is research showing that neurofeedback is effective.

After very limited or no success with other treatments, including being misdiagnosed with mental illnesses, I decided to try neurofeedback. I have had multiple sessions of neurofeedback. This treatment has been extremely helpful. I am no longer unable to sleep, can focus on my work, no more mood swings and the priceless ability to get my life back. Most importantly, I no longer suffer from the frustration that goes along with medical professionals that often try to treat symptoms without knowing the cause of the problems.

Because there is good research to show that neurofeedback works, and because I have seen for myself that it helped when other treatments failed, I believe it should be a covered service. There is more research showing that neurofeedback is effective than many medical and surgical services that are routinely covered by my insurer. That is not fair. It is not parity.

I strongly urge that you write and enforce regulations that require health insurers to use the same scientific review criteria for mental health services such as neurofeedback that they use for most medical procedures. If they do so, then I am confident neurofeedback will be covered and this safe and effective treatment will be available to the very large number of people in our country for whom more traditional treatment approaches were not enough.